

'Active Outdoors'

born to be NORDIC



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Health-related Fitness

What is Nordic Walking?

We provide fun, rewarding classes, in Nordic Fitness and Nordic Walking. Nordic walking, also known as ski walking, pole walking or fitness walking, is an efficient, low-stress exercise that involves walking with poles, similar to ski poles, to engage the legs and upper body in a total body workout. Walking with Nordic poles originated as an off-season training method used by cross-country skiers in the early 1930's. Since then it has developed into one of the most effective exercise techniques around and walking with Nordic poles has become one of the fastest growing recreational activities across the world with participants in nearly 40 countries. But, Nordic Walking is not simply a case of grabbing a pair of poles and swinging your arms about! It requires the correct technique in order to incorporate 90% of your skeletal muscles and to increase the calories burned.

Walking is good whether the outcome measurement is blood pressure, diabetes, heart disease, joint problems or mental health. It is a legitimate way to exercise, and Nordic Walking is even better. It allows people to burn up to 40% more calories per hour than traditional

- ### The Benefits
- walking without a change in perceived exertion
 - having to walk faster. At the same time it conditions the
 - increased endurance & strength in the arms, chest, back, arms, shoulders, abdominals
 - Greater ease in climbing hills.
 - and other
 - Burning more calories than in ordinary walking.
 - core muscles. Nordic Walking is the ideal way for
 - improved balance & stability when using poles.
 - people of all ages and fitness levels to get outdoors
 - Less stress on the shins, knees, hips and get active and get fitter.
 - It is fun, sociable and suitable for everyone.

Our instructors are certified by [Nordic Walking UK](#) the national training organisation in the UK. We are properly qualified and insured to deliver a safe and exciting outdoor experience.

